

PROTECT YOURSELF
PROTECT YOUR FAMILY
PROTECT YOUR COMMUNITY from Ebola

Things Everyone Should Know and Do

gCHV flipbook for Interpersonal Communication



and partners

What are the signs and symptoms of Ebola?

The signs and symptoms of Ebola look like malaria, typhoid and other sicknesses at first...



Fever that starts quick-quick

Early Signs



Feel weak

Headache, sore throat, pain in the body or stomach



Vomiting



Running stomach

Late Signs



Rash or small bumps on the skin



Red eyes or bleeding from eyes, nose or mouth

A person can spread Ebola to others as soon as they start to show signs and symptoms

- Once the Ebola catch you, it can take **2 to 21** days before it start to show on you.
 - You cannot test for ebola until you have had the symptoms.
 - Signs of Ebola can last about 1 week.
- When Ebola signs come on plenty, it is easy to pass to others

How is Ebola spreading right now in Liberia?

Ebola is spreading in Liberia right now

Person to person



through body fluids of a person that is sick with or has died from Ebola .

21

Body fluids are things like...



Blood



Poo-poo & pee-pee



Spit



Snot-nose



Vomit



Sweat



"Man-woman business"

22

Ebola enters the body through

It can spread to us when we touch our eyes, nose, or mouth



Or through small, small cuts in our skin



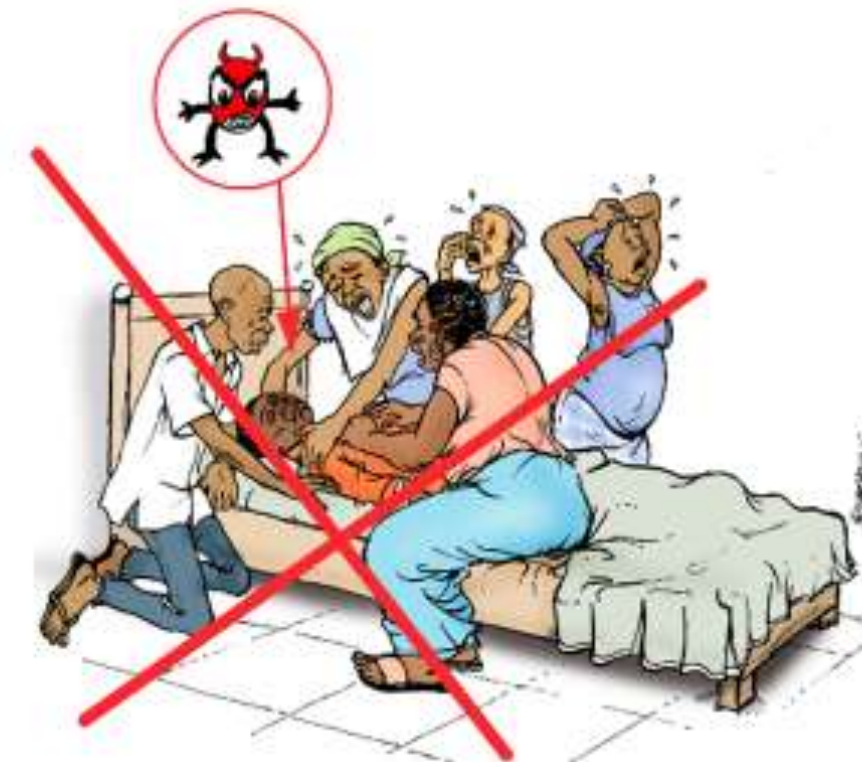
23

Traditional burial practices are Spreading Ebola in Liberia

- **Do Not touch** anyone that has died with the signs and symptoms of Ebola
- **Do Not wash** anyone that has died with the signs and symptoms of Ebola
- **Do Not bury** anyone that has died with signs and symptoms of Ebola
- **Do Not touch** sick persons or the things they have touched when they are sick

25

Touching the skin, body fluids, or personal belongings of a person that is **SICK** or has **DIED** from Ebola spreads Ebola to others.



24

How do I protect myself from Ebola?

1 Way you protect yourself is when you wash your hands with soap and clean water or with chlorine water



Wash your hands with soap and clean water or with chlorine water...

Before cooking and eating



If you forget and touch someone or help someone, or after going to the toilet



You protect yourself when you **DON'T TOUCH** the skin or body fluids of people sick with or who have died from Ebola

Even if a person only has a fever, do not touch them or sleep near them until you know the reason they are sick



What do I do if a family member has the signs and symptoms of Ebola?

If a family member or friend has the signs and symptoms of Ebola, do 2 things...

1. Call the Ebola Hotline at 4455. It is **FREE!** AND
2. Tell your local leader.



Continue calling the hotline until you speak to someone!

Don't Wait!

EBOLA RESPONSE

If someone in your family has the signs of Ebola, or has died from Ebola



- Do Not run away!
- Do Not hide sick people!
- Do Not bury the body!
- Do Not hide the body!

These things can spread Ebola!

Call 4455 for Advice!

- Not all hospitals or clinics are open or can give care for Ebola.
- Every county is different.
- Call 4455 and they will tell you what to do.



While you wait for a help team...



- Have only 1 caregiver
- Keep the sick person in their own area
- Take them plenty of water, tea, and soup (at least 3 liters a day).
- You can give paracetamol but not aspirin or other pain killers.
- **Do not touch** them or their personal things!

REMEMBER If someone is sick or has died...

Call 4455. It is **FREE!**
AND
Tell your local leader.



Keep them in their own area and bring them plenty water while you wait for help. **DO NOT TOUCH!**

IF you MUST look after a sick person while you wait for help, the caregiver CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.

Keep the sick person in their own area away from the family

- Only 1 person in the family should look after the sick person.
- Take them plenty of water, tea, and soup (at least 3 liters a day).
- You can give paracetamol, but **do not** give aspirin or other pain killers.
- Give them a bucket for vomit or poo-poo. Put small chlorine water or Clorox in the bottom of it.
- Sick people should cover their cough with their arm.



Get yourself ready by gathering these things



Things to wash your hands: 1 bucket should be filled with Clorox or chlorine water.



Long sleeve jacket that buttons or zips to cover your arms



Strong plastic gloves or bags to cover your hands (2 for each hand). Check them for holes.

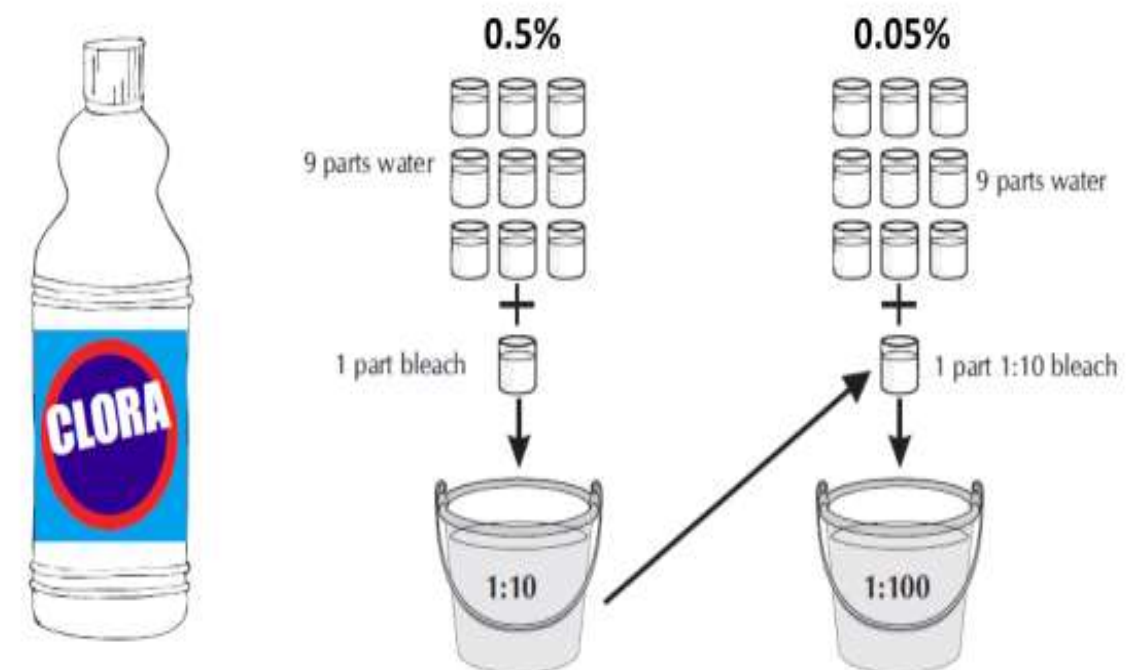


Things to burn the plastic: matches, a metal bucket or tin, and a stick

Make chlorine water to wash your hands and to clean

	1:10 solution •Soiled clothes •Toilets •Body Fluid Spills •Floors/Environment	1:100 solution •Bare hands and skin
Calcium hypochlorite powder or granules 70%	1 tablespoon per 2 liters of water	1 tablespoon per 20 liters of water

Making chlorine water from 5% bleach



IF you MUST look after a sick person while you wait for help, the caregiver CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.

Before Touching or Cleaning, ALWAYS:

1. Wash your hands with soap and clean water
2. Cover your arms with long sleeves
3. Cover your hands with strong plastic
 - plastic Gloves
 - Mind Your Business Plastic Bags
 - Dip your covered hands into the container of chlorine solution before you touch



42

Before you remove the plastic bags:

- Put your covered hands (bags or gloves still on) into the bucket of chlorine water and wash your hands with the bags still on. Do not let the water enter the bag.
- Use some of the chlorine water to wash the inside and outside of the bucket with it, to make sure it is clean.
- Remove the bags into the bucket of Clorox/chlorine water without touching the outside of the bag. Use the stick to push them into the water.
- Use the stick to move the bags to the metal bucket or fire and burn them. Be careful not to splash the water.
- Empty the water away from the yard and any water sources. You can put it in the toilet.
- Wash your hands with Clorox/chlorine water and soap and water quick-quick after burning the bags.



Burn all things that touch a person sick with Ebola or their body fluids quick-quick. These things can spread Ebola.



Photo Source: JOHN MOORE/GETTY IMAGES <http://www.times.co.uk/ebola-outbreak-at-camp-for-some-1856910.html>

Do not throw them away in the garbage.

45

IF you MUST look after a sick person while you wait for help, the caregiver CAN catch Ebola. These things MAY help reduce the spread of ebola. BE VERY CAREFUL.

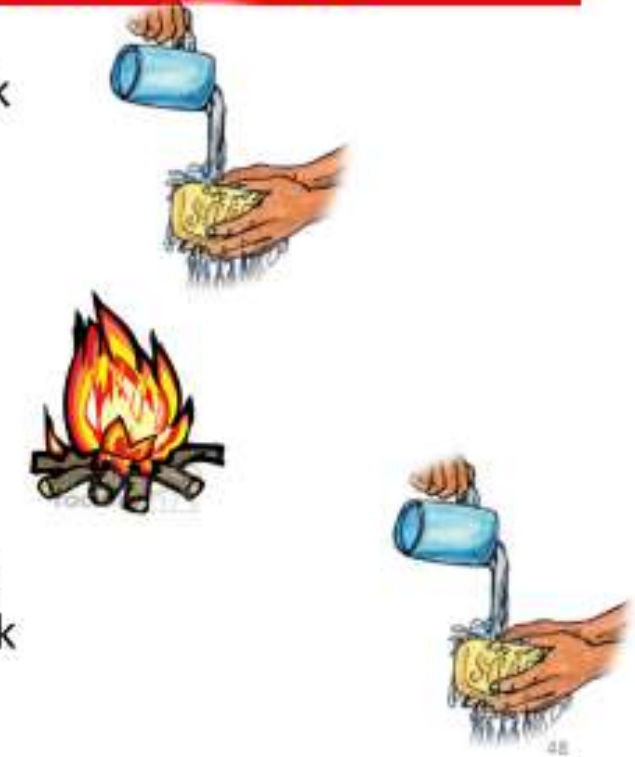
DO NOT TOUCH any part of your body, especially your face, until you WASH YOUR HANDS.



47

If any body fluid touches your skin or gets on your clothes

- Wash your skin quick-quick with soap and water or Clorox/chlorine water.
- Take off the clothes and burn them quick-quick
- Wash your hands with Clorox/chlorine water and soap and water quick-quick after burning the clothes.

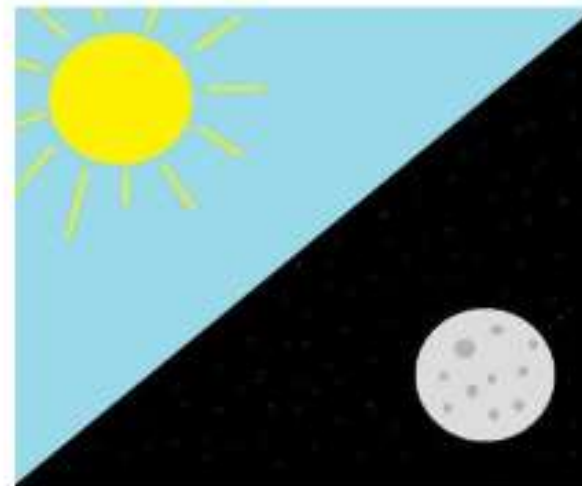


48

Watch the condition of the caregiver for 21 days

21 days

- If the caregiver shows any fever or other signs call 4455, and tell your community leader.



53

What happens if a help team takes my family member to the Ebola Treatment Unit?

The hospital people treat the signs and symptoms safely so the person can recover

- Getting treatment sooner helps people to survive.



55

If your family member is in the Ebola Treatment Unit



- Food is provided to them.
- The treatment is free.
- You **cannot** enter the room.
- You **can** talk to your family member from a distance or on the phone
- You may become a contact.

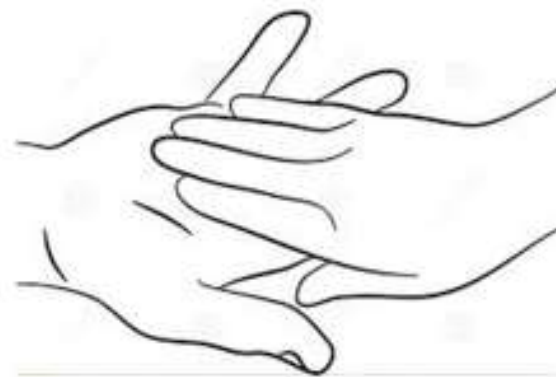
56

How do I know if I am a contact?

You are a contact if you have

- Slept in the same house with...
- Touched the body of...
- Touched any body fluids of...
- Touched the personal things of...

a person that is sick or has died from Ebola.



123

If you are a contact you will be

- Asked for your name, phone number and place you live.
- Asked to stay home and not to go around or touch people for 21 days.
- Visited every day to see if you have fever.

If you do you have a fever, you will start care quick-quick .



127

What do I do if there is a dead body in my community?

Ebola spreads when we touch the body or things of a person who died from Ebola

- Keep everyone away from the body to protect yourself and your family.
- Call 4455.
- The body should be buried by a trained team.
- The team will wear white suits because they will have to move the body.



Photo source: JOHN MOORE/GETTY IMAGES <http://www.nydailynews.com/life-style/health/ebola-death-toll-tops-1-200-west-africa-article-1.1000020>

62

The help team will spray the body and the house and counsel the family

- The spray is made of the same strong chlorine and water that they use in the hospital.
- The spray cleans the house good-good so it is safe for everyone.
- The counseling will be given for family members and contacts.



63

Report Any Dead Bodies Quick-Quick!

- Call 4455.
- Tell your community leader.
- Don't bury people in secret.



64

The body is buried or burned to keep the community safe.



Photo Source: <http://www.bmrbolin.com/blog/category/global-health/>

64

You can survive Ebola!

THERE IS HOPE!

- Your **can** protect yourself from Ebola
- You **can** survive Ebola
- There are over 100 **survivors** in Liberia
- This number is growing **every day**



Photo source: <http://abcnews.go.com/Health/survivors-story-livad-ebola/story?id=24750870>

65

Survivors are people who tested negative for Ebola

- Survivors are people who caught Ebola but got better.
- After getting better, survivors were tested two more times for Ebola. Both tests were negative.
- Survivors should not do man-woman business for three months.
- Welcome survivors back home and back to the community.

66

We Can Only Stop the Spread of Ebola Together!



66

It is important to see if any child has the signs of severe acute malnutrition when you are doing your Ebola awareness activities!

Common signs and symptoms of SAM



- Weight loss
- Muscle wasting
 - Arms



- Loose thin skin folds
 - Armpits
 - Buttocks

Common signs and symptoms of SAM



- Oedema (swelling)
- Feet
 - Arms
 - Face



Open skin lesions (sores)

Common signs and symptoms of SAM

- Bones stand out:
 - Collarbone
 - Shoulder blades
 - Ribs
- Pot belly



Looking for and referring children for SAM saves lives!

BEFORE



AFTER

REMEMBER!

Refer any child with the signs of SAM to the nearest IMAM clinic. Fill out the referral form. Give 1 copy to the mother. Give 1 to the OIC.